

## Physical Performance Evaluation (PPE) Guidelines - Training Guidelines

The following workouts are of varying intensity. Do not attempt this program unless you are of above average fitness level and have been exercising for at least 6 months. Please consult your health practitioner if you are a beginner to exercise, prior to starting this program.

PPE Fitness Requirement	Exercise Sequence	Exercise Tips	Training Guidelines
<b>Police Sit-up:</b>	<ol style="list-style-type: none"> <li>1. Start with your head, shoulders, hips and feet flat on the floor. Feet must be close to the body.</li> <li>2. Always maintain the natural (neutral) curve of the back.</li> <li>3. Place your tongue on the roof of your mouth to avoid pressure on the back of neck.</li> <li>4. Cross your hands over your chest and grab hold of your shoulders.</li> <li>5. Sit-up so that your feet do not lift or move from the floor and your hands do not leave your shoulders.</li> <li>6. Bring your elbows up to touch your knees, AND HOLD FOR THREE SECONDS.</li> </ol>	<ul style="list-style-type: none"> <li>• Perform this exercise in front of a mirror or with another person who will supervise and advise if your feet are lifting from the floor.</li> <li>• Do not practise with your feet under a ledge or chair. This will build up your hip flexor muscles and do little for your abdominal strength.</li> </ul>	<p>To ensure accurate training methods are used you must train for this exercise through the full range of movement.</p> <p><b><u>Beginners</u></b></p> <ul style="list-style-type: none"> <li>• Start with your hands outstretched above your head when lying flat on the floor. Use your arms as a lever to help pull your body weight up by throwing/moving your arms forward as you attempt to sit up.</li> <li>• Place your toes against a flat wall, and gradually bring one foot, then both feet away as your abdominal strength increases.</li> </ul> <p><b><u>Intermediate and above</u></b></p> <ul style="list-style-type: none"> <li>• As you become stronger, bring your hands closer to your body, into the side of your temples, and finally across your shoulders and chest.</li> </ul>

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<b>Firearm Dry-Fire:</b>  <i>This activity involves a lot of finger grip and handgrip strength.</i>	1. Manually pull the pistol slide towards your chest and hold it back for a short duration of time.	<ul style="list-style-type: none"><li>Train both your dominant and non-dominant hand.</li></ul>	<u>Weight Plate Pinches:</u> <ul style="list-style-type: none"><li>Aiming for at least 10 kg's, lift a weight plate by pinching it between your four fingers and thumb of your non-dominant hand. Hold the plate above the ground for between 15 – 30 seconds. Increase weight and duration held as you become stronger. (Train both hands).</li></ul> <u>Tennis Ball Squeezes:</u> <ul style="list-style-type: none"><li>As it suggests, increase your grip strength by repetitively squeezing a tennis ball in your hand and holding the squeeze for varying intervals of time.</li></ul>																								
<b>Beep Test:</b>  <i>The Multi-stage Fitness Test, more commonly called the Beep Test, is a commonly used and well-researched field test to measure cardiovascular endurance.</i>	<ul style="list-style-type: none"><li>This exercise is carried out on a flat, non-slip surface between two markers placed 20 metres apart. Applicants are required to run between the markers in time with a Compact Disc.</li><li>Beginning at Level 1, applicants must progress through each level and the required number of laps to the minimum level required for their age and gender.</li></ul>	<ul style="list-style-type: none"><li>For variety you can vary the distances of the shuttle runs. For example instead of 20m lengths extend to 30, 40, 50m sprints. However if you want to stay specific, 20m is adequate.</li><li>For added challenge and benefit, complete shuttles in soft sand.</li></ul>	<table><thead><tr><th><u>LEVEL</u></th><th><u>INTERVALS</u></th></tr></thead><tbody><tr><td>Level 1</td><td>9.00 Seconds</td></tr><tr><td>Level 2</td><td>8.00 Seconds</td></tr><tr><td>Level 3</td><td>7.50 Seconds</td></tr><tr><td>Level 4</td><td>7.15 Seconds</td></tr><tr><td>Level 5</td><td>6.80 Seconds</td></tr><tr><td>Level 6</td><td>6.50 Seconds</td></tr><tr><td>Level 7</td><td>6.25 Seconds</td></tr><tr><td>Level 8</td><td>6.00 Seconds</td></tr><tr><td>Level 9</td><td>5.75 Seconds</td></tr><tr><td>Level 10</td><td>5.50 Seconds</td></tr><tr><td>Level 11</td><td>5.30 Seconds</td></tr></tbody></table> <u>N. B.</u> <u>These are approximate times allowed for each lap required in the particular level.</u>	<u>LEVEL</u>	<u>INTERVALS</u>	Level 1	9.00 Seconds	Level 2	8.00 Seconds	Level 3	7.50 Seconds	Level 4	7.15 Seconds	Level 5	6.80 Seconds	Level 6	6.50 Seconds	Level 7	6.25 Seconds	Level 8	6.00 Seconds	Level 9	5.75 Seconds	Level 10	5.50 Seconds	Level 11	5.30 Seconds
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<b>Riot Simulation:</b>	<ol style="list-style-type: none"> <li>1. Hold a shield of an approximate weight of 4kg weight in your non-dominant hand, across your body with your palm facing towards your body.</li> <li>2. Holding a baton in your dominant hand, swing and hit an object 40 times.</li> </ol>	<ul style="list-style-type: none"> <li>• Do not let your arm with the weight in it drop from across your body. Strike at the object on approximately a 45-degree angle.</li> </ul>	<ul style="list-style-type: none"> <li>• General strength training that targets the arms, shoulders, upper back and chest will aid in your ability to perform this component.</li> <li>• See attached Sample Program.</li> </ul>
<b>Crowd Control Simulation:</b>	<ul style="list-style-type: none"> <li>• Pull and push a suspended weight on a body control machine through a series of 180-degree arcs (simulates pulling/pushing a person).</li> </ul>	<ul style="list-style-type: none"> <li>• Exercises prescribed in the weight program will enhance your overall strength and ability to complete this task.</li> </ul>	<ul style="list-style-type: none"> <li>• For the pushing part of the exercise you can practise by putting your hands up in front of you against a partner's (hopefully somebody stronger), interlock fingers and whilst maintaining an upright manner push against each other. Apply full force in this position and ensure that your legs are side by side.</li> <li>• <b>Press-ups</b> may also help. Have your hands closer than shoulder width apart and perform a press-up holding the position just off the ground at the bottom of the movement. Aim for at least 10 seconds in this position.</li> <li>• <b>Tricep press-ups</b> will also help. Have the upper part of your arm resting against the side of your body, and then place the index fingers and thumbs of both your hands on the floor in a diamond shape. Lower your body weight down and push up slowly feeling the resistance against your triceps.</li> </ul>

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<b>Crowd Control Simulation (cont.):</b>			<ul style="list-style-type: none"> <li>You can however simulate a pulling motion by doing any exercises similar to a tug of war. Find a partner stronger than you and pull a rope against them. You can also simulate the arcs you need to perform against the machine by pulling and sidestepping through a 180 degree arc whilst your partners maintains the resistance against you.</li> </ul>
<b>Circuit:</b>	<ol style="list-style-type: none"> <li>Balance Beam – Applicants are required to walk across a timber beam five metres long by 135mm wide.</li> <li>Ditch (1.5m) – jump across a cricket pitch, long jump pit.</li> <li>Obstacles to jump (600mm) - small fences, barriers, bushes etc.</li> <li>1.5m fence</li> <li>2.8m cyclone fence – cricket nets, tennis court boundaries.</li> <li>Carry a 40kg object.</li> </ol>	<ul style="list-style-type: none"> <li>There is no reason why you cannot simulate this component of the physical.</li> <li>You may be able to find these obstacles in a local park.</li> </ul>	<ul style="list-style-type: none"> <li>Train your cardiovascular system and increase your muscular strength using the workout program outlined in the following pages.</li> </ul>

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### BEEP TEST and STRENGTH TRAINING PROGRAM:

- Do not attempt this program unless you are of above average fitness level and have been exercising for at least 6 months, and have consulted your health practitioner.
- Begin this program approximately 8 weeks prior to sitting your PPE.

**Physical Training Instructor tip:** For variety you can vary the distances of the shuttle runs. For example instead of 20m lengths extend to 30,40,50m sprints. However if you want to stay specific then 20m is adequate. For added challenge and benefit, complete shuttles in soft sand.

### Shuttle Run (Beep Test) Standard – Required laps according to age and gender at the Physical Performance Evaluation

Level	Laps	Shuttle Run Rates
1	7	Males
2	8	
3	8	
4	9	
5	9	
6	10	19 - 29 years level 10.1
7	10	30 - 39 years level 9.1
8	11	40 yrs & over level 8.1
9	11	Females
10	11	
11	12	
12	12	
13	13	
14	13	19-29 years level 7.1
15	13	30 yrs & over level 6.1

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### WORKOUT PROGRAM

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1	<b><u>Shuttle Runs</u></b>	<p>Mark out a 20m shuttle run length.</p> <ul style="list-style-type: none"><li>Sprint continuously between the cones for 2 mins. Record how many lengths you complete.</li><li>Rest for 1-2 minutes and repeat 2-5 x.</li></ul>																																							
2	<p><b><u>Strength Training</u></b> <i>This program is not for the beginner; it requires previous resistance training experience and involves high intensity work and heavy lifting.</i></p> <ul style="list-style-type: none"><li>Consider using a partner or “spotter” in this work out.</li><li>Maintain immaculate posture and form at all times.</li><li>Start on a weight that you can lift for around 6 repetitions, as your strength increases you will be able to lift more reps, once up to 10 or so reps, increase the weight again till you can only manage around 6 reps.</li><li>- Ensure that you display the correct form when doing these exercises by going to a gymnasium or fitness club and asking for a demonstration of the correct form.</li></ul>	<p><b>Make sure you have adequate rest between sets - at least 60seconds.</b></p> <table><tr><th>EXERCISE</th><th>SETS</th><th>REPS</th><th>WEIGHT</th></tr><tr><td colspan="4"><b>5 – 10 minute warm-up cycling/rowing/run/walk/skipping</b></td></tr><tr><td>Dead lift</td><td>3-4</td><td>6-10</td><td rowspan="10"><ul style="list-style-type: none"><li>A Fitness Professional such as a Personal Trainer should designate your weight level.</li><li>As your strength increases so will your weight load that you lift.</li></ul></td></tr><tr><td>Leg Press</td><td>3-4</td><td>6-10</td></tr><tr><td>Flexed arm hang or Chin-ups (wide)</td><td>3</td><td>30sec holds Or Chins to failure</td></tr><tr><td>Narrow grip Bench Press</td><td>3-4</td><td>6-10</td></tr><tr><td>Bent over Row or Seated row</td><td>3</td><td>6-10</td></tr><tr><td>Upright Row</td><td>3</td><td>6-10</td></tr><tr><td>Bicep Curls</td><td>2-3</td><td>6-10</td></tr><tr><td>Dips</td><td>2-3</td><td>6-10</td></tr><tr><td>Police Sit-ups</td><td>4</td><td>10</td></tr><tr><td>Weight Plate Pinches (as described in Firearm guidelines)</td><td>3</td><td>15-30seconds</td></tr></table>	EXERCISE	SETS	REPS	WEIGHT	<b>5 – 10 minute warm-up cycling/rowing/run/walk/skipping</b>				Dead lift	3-4	6-10	<ul style="list-style-type: none"><li>A Fitness Professional such as a Personal Trainer should designate your weight level.</li><li>As your strength increases so will your weight load that you lift.</li></ul>	Leg Press	3-4	6-10	Flexed arm hang or Chin-ups (wide)	3	30sec holds Or Chins to failure	Narrow grip Bench Press	3-4	6-10	Bent over Row or Seated row	3	6-10	Upright Row	3	6-10	Bicep Curls	2-3	6-10	Dips	2-3	6-10	Police Sit-ups	4	10	Weight Plate Pinches (as described in Firearm guidelines)	3	15-30seconds
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3	5 km continuous Run.	Maintain your best pace for the entire distance. Record your time and aim to beat it on future runs. <b>Males:</b> less than 25mins <b>Females:</b> 27mins.																																							
4	Rest or light aerobic activity.	For example – cycling, walking or swimming.																																							
5	<p><b><u>Strength Training</u></b></p> <p><i>Ensure correct form at all times during this strength-training program.</i></p>	<p><b>Make sure you have adequate rest between sets - at least 60 seconds.</b></p> <table><tr><th>EXERCISE</th><th>SETS</th><th>REPS</th><th>WEIGHT</th></tr><tr><td colspan="4"><b>5 – 10 minute warm-up cycling/rowing/run/walk/skipping</b></td></tr><tr><td>Dead lift</td><td>3-4</td><td>6-10</td><td rowspan="10"><ul style="list-style-type: none"><li>A fitness professional such as a Personal Trainer should designate your weight level.</li><li>As your strength increases so will your weight load that you lift.</li></ul></td></tr><tr><td>Leg Press</td><td>3-4</td><td>6-10</td></tr><tr><td>Flexed arm hang or Chin-ups (wide)</td><td>3</td><td>30 seconds holds or Chin-ups to failure</td></tr><tr><td>Narrow grip Bench Press</td><td>3-4</td><td>6-10</td></tr><tr><td>Bent over Row or Seated row</td><td>3</td><td>6-10</td></tr><tr><td>Upright Row</td><td>3</td><td>6-10</td></tr><tr><td>Bicep Curls</td><td>2-3</td><td>6-10</td></tr><tr><td>Dips</td><td>2-3</td><td>6-10</td></tr><tr><td>Police Sit-ups</td><td>4</td><td>10</td></tr><tr><td>Weight Plate Pinches (as described in Firearm guidelines)</td><td>3</td><td>15 -30 seconds</td></tr></table>	EXERCISE	SETS	REPS	WEIGHT	<b>5 – 10 minute warm-up cycling/rowing/run/walk/skipping</b>				Dead lift	3-4	6-10	<ul style="list-style-type: none"><li>A fitness professional such as a Personal Trainer should designate your weight level.</li><li>As your strength increases so will your weight load that you lift.</li></ul>	Leg Press	3-4	6-10	Flexed arm hang or Chin-ups (wide)	3	30 seconds holds or Chin-ups to failure	Narrow grip Bench Press	3-4	6-10	Bent over Row or Seated row	3	6-10	Upright Row	3	6-10	Bicep Curls	2-3	6-10	Dips	2-3	6-10	Police Sit-ups	4	10	Weight Plate Pinches (as described in Firearm guidelines)	3	15 -30 seconds
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6	<b><u>Shuttle Runs</u></b>	<u>Mark out a 20m shuttle run length.</u> Sprint continuously between the cones for 2 mins. Record how many lengths you complete. Rest for 1-2 minutes and repeat 2-5 x.
7	<b>Rest or light aerobic activity.</b>	E.g., cycling/walking/swimming

### Notes:

- Warm up for approx. 8 - 10 minutes with a slow jog and then complete a thorough whole body stretch with particular emphasis paid to the lower back and leg region.
- Perform some medium intensity shuttle runs before you begin your sprints, i.e. 10 x 20m at medium intensity.
- Warm down slowly and also stretch at the conclusion of every session.